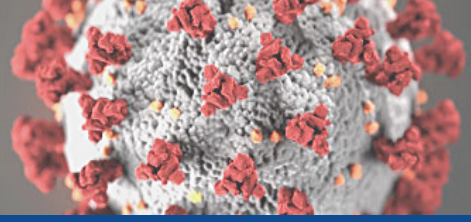


COVID-19 INFORMATION



IMPORTANT AND PRACTICAL INFORMATION FOR BAY COUNTY RESIDENTS REGARDING CORONAVIRUS (COVID-19)

SERVICES THE BAY COUNTY HEALTH DEPARTMENT (BCHD) OFFERS

The BCHD is not currently testing for COVID-19. The only testing for COVID-19 is for those with symptoms severe enough to necessitate emergency medical care and admission to the hospital. The BCHD will assist with monitoring and surveillance of suspect and confirmed cases of COVID -19. The BCHD refers to CDC and MDHHS recommendations and local public health expertise to provide guidance and recommendations for Bay County residents.

UNDERSTAND HOW COVID-19 IS SPREAD

If a person with the virus coughs or sneezes, their respiratory droplets are released into the air. People in close contact (within 6 feet or less) can get sick from coming into contact with the droplets. The virus also lives for a long time on surfaces like desks, keyboards, tables, and doorknobs when touched by someone who has the virus. If you touch those surfaces and fail to wash your hands and then touch your mouth, nose or eyes...you can get sick.

PRACTICE BASIC PERSONAL PREVENTION DAILY

- Wash your hands often with soap and water or use hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Avoid handshakes.
- Avoid contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Wear a mask or other face covering to avoid the possibility that you might spread the virus to others.
- IF YOU ARE SICK, STAY HOME.

KNOW THE SYMPTOMS

COVID-19 is different than the flu or a common cold. Symptoms are fever, dry cough, and shortness of breath. Runny noses and phlegmy coughs are more indicative of an upper respiratory infection.

PREPARE WELL

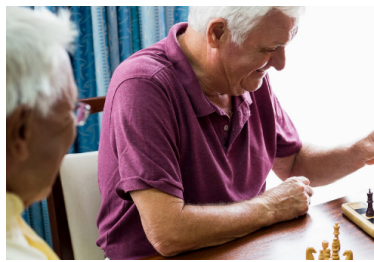
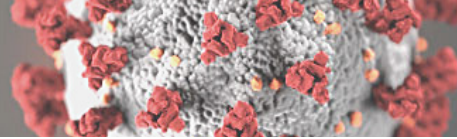
There is no need to stockpile supplies like toilet paper and hand sanitizer. Think about supplies you need for about 14 days and have enough food, water, medications, pet food, and diapers on hand. The Health Department also encourages residents to get COVID-19 information from reputable sources like the Centers for Disease Control and Prevention (www.cdc.gov/COVID-19), Michigan Department of Health and Human Services (www.michigan.gov/coronavirus), or the Health Department (www.baycounty-mi.gov/health)

WHO IS MOST VULNERABLE?

From what the CDC and Health Department know about the disease so far, older adults and people who have serious, chronic medical conditions should take extra precautions to reduce their risk of being exposed. Those medical conditions might be heart disease, diabetes, lung disease, or a suppressed immune system.



FOR MORE INFORMATION PLEASE VISIT: BAYCOUNTY-MI.GOV/HEALTH

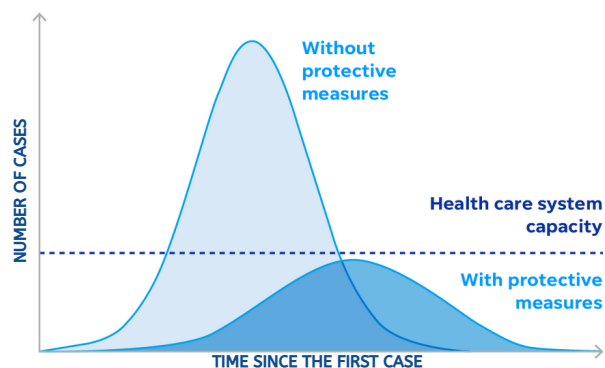


WHAT TO DO IF YOU OR A LOVED ON GETS SICK

If you have a fever, cough or shortness of breath, especially if you have traveled someplace with COVID-19 or have come into contact with a person known to have the virus, contact your health care provider by phone for clinical guidance. Currently, no specific antiviral treatment is recommended for those who contract COVID-19, but people with it are treated to relieve symptoms. Severe cases may require hospitalization, but most people will be asked to self-quarantine at home. The Health Department strongly recommends that anyone experiencing mild symptoms stay home and NOT go to public places until they are free of fever and other symptoms for at least 72 hours. Give sick family members their own room if possible, and keep the door closed. Limit their contact with pets. Have them wear a mask and use a separate bathroom, if possible. Have only one family member care for them.

WHO NEEDS TO GET TESTED?

Physicians should use their judgment to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing).



The chart shows that without protective measures such as quarantines and social distancing, an epidemic could surpass the healthcare system's capacity to care for patients. With protective measures, the hump or curve is flattened, allowing the healthcare system to handle the epidemic.

SUMMARY

With Bay County's significant population of seniors and residents with chronic diseases, we all need to do our part to ensure appropriate social distancing and good hygiene to prevent disease spread such as:

- Staying home when symptomatic.
- Frequent hand washing with soap and water.
- Directing coughing and sneezing into a tissue or elbow.
- Frequent disinfection of commonly touched surfaces daily.
- Wearing a mask or face covering when out in public

We must do everything we can to flatten the curve!

ADDITIONAL QUESTIONS & RESOURCES

If you have additional questions regarding Coronavirus, please call the Bay County Health Department at 989-895-4009 ext. 6. If no one answers, leave a voicemail and you will receive a return call within 24 hours.

Bay County Government has a close partnership with the United Way of Bay County and Bay Community Foundation, so we also encourage residents to call 2-1-1 during this time if you need additional assistance or resources.

**Help us
FLATTEN THE CURVE!**



Updated: 4/9/2020

